

Commit 2B Fit

Walk Fort Lauderdale

NAME					GOAL					PLEDGE DATE				
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Date														
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance
Week #1														
Week #2														
Week #3														
Week #4														
Week #5														
Total														
Comments														
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Date														
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance
Week #1														
Week #2														
Week #3														
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Week #5														
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